



Canoeing on Bowman Lake - photo by Jon Riner

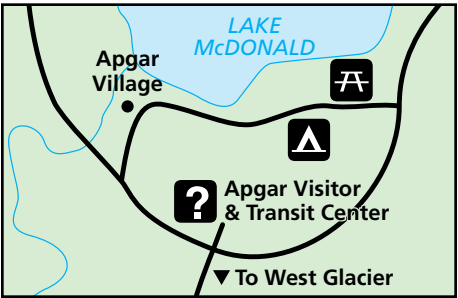
Big Changes in Store for the Apgar Visitor Center



Apgar Transit Center - photo by David Restivo

If you have been to Apgar Village before, you know the little visitor contact station that has served as the primary location visitors receive information about the park for many years. Rangers, at that small converted house, have greeted thousands (if not millions) of visitors over the last several decades. This coming summer the old Apgar Visitor Center will close and

information services will relocate to the Apgar Transit Center, located nearby. The new location is larger, has improved rest room facilities, and will serve to consolidate visitor information services, book sales, and the park’s free transit operation all in one convenient location. When you get to the T-Intersection, after passing through the West Entrance, drive straight ahead.



Glacier National Park
West Glacier, MT 59936-0128
406-888-7800

Visit both parks on the World Wide Web. Glacier National Park at www.nps.gov/glac
or Waterton Lakes National Parks at www2.parkscanada.gc.ca/pn-np/ab/waterton/



Be careful around all wildlife. Even the small ones have big teeth and can bite - photo by Jon Riner

Beating the Odds Increase Your Chances of Observing Wildlife

Look at dusk and dawn! Many animals are more active at those times. Remember however, hiking alone or after dark is never recommended in bear country.

Look in a variety of habitats! One of the park’s most remarkable features is the diversity of habitats it offers. You will see different animals in forests than on the prairie or in marshy areas.

Walk a trail! Spend some time away from the roads. Glacier offers fine short walks that can reward wildlife watchers.

Look in unusual places! Have you ever gone fish viewing? Have you spent some time watching the antics of chipmunks? Have you looked up for gliding eagles or rollicking ravens?

Learn about animal behavior! Knowing when and where to look is important. For example, in autumn elk congregate in large groups around St. Mary. Harlequin ducks and American Dippers frequent the fast moving sections of streams and creeks. Golden eagles use the McDonald Creek valley in their fall migration.

Where to Stay

Lodging

Various accommodations are available within the park. Visitors may choose from rooms in historic grand hotels dating back to the early 1900’s, modern motel-type accommodations, rustic cabins, or back-country chalets.

Lodges start to open in late May and some remain open until late-September. Reservations are encouraged! Accommodations fill early, especially for the peak months of July and August.

For lodging and campground accommodations outside the park, check the TravelMT website at www.visitmt.com.

IN-PARK RESERVATIONS INFORMATION

The Village Inn, Lake McDonald Lodge, Rising Sun Motor Inn, Swiftcurrent Motor Inn, and the Many Glacier Hotel are operated by Glacier National Park Lodges. For information and reservations:

Glacier National Park Lodges
855-733-4522 or 303-297-3175
www.glaciernationalparklodges.com/

For reservations at Motel Lake McDonald (next to Lake McDonald Lodge) contact Glacier Park Inc., at:
P. O. Box 2025
Columbia Falls, MT 59912
(406) 892-2525

For reservations at Apgar Village Lodge:
Apgar Village Lodge, P.O. Box 410
West Glacier, MT 59936
(406) 888-5484
www.westglacier.com

Chalets
Granite Park and Sperry Chalets are accessible by trail only and operate from July through mid-September. For more information and required reservations please contact:
Granite Park Chalet & Sperry Chalet
c/o Belton Chalets, Inc.
P.O. Box 189, West Glacier, MT 59936
(888) 345-2649
www.sperrychalet.com
www.graniteparkchalet.com

Campgrounds

Camping is permitted only in designated campgrounds. All campgrounds, except Fish Creek, St. Mary and half of the group sites at Apgar, are available on a “first-come, first-served” basis. Regulations are posted at each campground. Utility hook-ups are not provided.

GROUP SITES

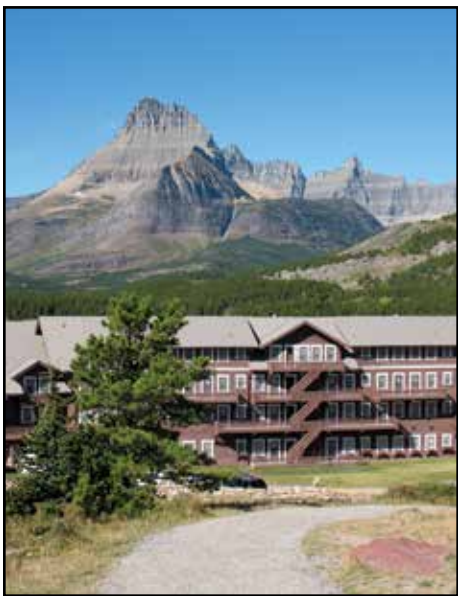
Ten group sites at Apgar, two at St. Mary and one each at Many Glacier and Two Medicine campgrounds, accommodate parties of 9-24 people. The fee is \$50.00 (\$53.00 for the reservable sites at Apgar and St. Mary) for up to 9 people and an additional \$5.00 per person after that.

CAMPFIRES

Campfires are permitted only in designated campgrounds and picnic areas where grates are provided. Collecting firewood is prohibited except along the Inside North Fork Road from Dutch Creek to Kintla Lake, along the Bowman Lake Road, and around backcountry campgrounds that permit fires.

HIKER-BIKER CAMPSITES

Sites are available for bicyclists and hikers. These shared sites hold up to eight people. The fee is \$5.00 per person. Sites at St. Mary may be reserved and have an additional reservation fee.



Many Glacier Hotel - NPS photo

Campground Information						
Estimated Dates	Fee	Sites	Flush Toilets	Disposal Station	Hiker Biker	For Larger RV’s and Additional Information
Apgar** May - mid-Oct.	\$20.00	192	Yes	Yes	Yes	The largest 25 sites have a maximum parking space of 40’. Primitive camping is available after listed dates.
Avalanche June - early Sept.	\$20.00	87	Yes		Yes	The largest 50 sites have a maximum parking space of 26’.
Bowman Lake mid May - mid Sept.	\$15.00	48				Campground accessible by dirt road, large units not recommended. Primitive camping is available after listed dates.
Cut Bank June - early Sept.	\$10.00	19				Campground accessible by dirt road, large units not recommended Primitive camping only, no potable water
Fish Creek* June - early Sept.	\$23.00	180	Yes	Yes	Yes	The largest 18 sites have a maximum parking space of 35’. 62 additional sites will accommodate up to 27’.
Kintla Lake mid May - mid Sept.	\$15.00	13				Campground accessible by dirt road, large units not recommended. Primitive camping is available after listed dates.
Logging Creek July - Sept.	\$10.00	8				Campground accessible by dirt road, large units not recommended. Primitive camping only, no potable water
Many Glacier late May - Sept.	\$20.00	110	Yes	Yes	Yes	The largest 13 sites have a maximum parking space of 35’. Primitive camping is available after listed dates.
Quartz Creek July - Nov.	\$10.00	7				Campground accessible by dirt road, large units not recommended. Primitive camping only, no potable water
Rising Sun late May - mid Sept.	\$20.00	84	Yes	Yes	Yes	The largest 10 sites have a maximum parking space of 25’.
Sprague Creek mid May - mid Sept.	\$20.00	25	Yes		Yes	No towed units Some sites have a maximum parking space of 21’.
St. Mary* late May - Sept.	\$23.00	148	Yes	Yes	Yes	Three sites up to 40’ and 22 sites up to 35’. Primitive camping is available after listed dates.
Two Medicine late May - Sept.	\$20.00	100	Yes	Yes	Yes	The largest 10 sites have a maximum parking space of 35’. Primitive camping is available after listed dates.
Camping is permitted only in designated campgrounds. Campgrounds in primitive status have no water available. *Fish Creek and St. Mary Campgrounds may be reserved through the National Park Service Reservation System. **5 Group Sites in Apgar Campground may be reserved through the National Park Service Reservation System. Call 1-877-444-6777 or visit www.recreation.gov for specific reservation information.						

Additional Services and Information

Restaurants

Food service is available at: Eddie’s Restaurant in Apgar • Russell’s Fireside Dining Room and Jammer Joe’s Restaurant & Pizzeria at Lake McDonald • Ptarmigan Dining Room, Heidi’s Snack Bar, and the Italian Garden Ristorante in the Many Glacier Valley • Two Dog Flats Grill at Rising Sun • Snack Bar at Two Medicine Campstore.

Campstores and Gift Shops

Groceries and gifts are available at: Eddie’s Campstore, The Cedar Tree, Schoolhouse Gifts, and the Montana House of Gifts at Apgar • Lake McDonald Lodge Gift Shop and Campstore at Lake McDonald • Many Glacier Hotel Gift Shop and Swiftcurrent Campstore in the Many Glacier Valley • Rising Sun Campstore at Rising Sun • Two Medicine Campstore at Two Medicine.

Cash Machines

Automatic Teller Machines (ATMs) are available at several locations in the park.

Backcountry Guides

Glacier Guides has exclusive rights to offer guided day hikes and backpacking trips into the backcountry. For information contact: Glacier Guides, Inc., Box 330, West Glacier, MT 59936 (406) 387-5555 or (800) 521-7238 www.glacierguides.com

Boat Trips & Rentals

Narrated boat cruises are offered at Lake McDonald, Many Glacier, Rising Sun, and Two Medicine. Optional free guided hikes are offered on some trips. Boat and canoe rentals are also available. For information contact: Glacier Park Boat Company, P.O. Box 5262, Kalispell, MT 59903 (406) 257-2426 www.glacierparkboats.com

Guided Bus Tours and Shuttles

Narrated tours and shuttle services are offered by Glacier National Park Lodges. For reservations and information contact: Glacier National Park Lodges 855-733-4522 or 303-297-3175 www.glaciernationalparklodges.com/

Sun Tours offers interpretive tours highlighting Blackfeet culture and history relating to Glacier National Park’s natural features. For reservation information, contact: Sun Tours, P. O. Box 234 East Glacier, MT 59434 (800) 786-9220 or (406) 226-9220

Horseback Rides

Horseback rides are provided by Swan Mountain Outfitters at the following locations: Apgar, Lake McDonald, and Many Glacier. For information contact: Swan Mountain Outfitters P. O. Box 130278 Coram, MT 59913 1-877-888-5557 (summer) 1-800-919-4416 (winter) www.swanmountainoutfitters.com/glacier

Other Services

Additional services are available in Babb, East Glacier, Essex, Polebridge, St. Mary, West Glacier, and along U. S. Highway 2.



Activities

Hiking

Over half of the visitors to Glacier report taking a hike. That’s a lot of hikers, but over 700 miles of trail provide many outstanding opportunities for short hikes, strenuous day hikes, or extended backpacking trips.

Good day hikes are plentiful, and free maps to popular trails are available at park visitor centers. Visitor center bookstores carry a complete line of trail guides, topographic maps, and field guides to aid hikers. Publications are also available by mail. Call the Glacier National Park Conservancy at (406) 892-3250 or visit **glacierconservancy.org/** to place an order.

BACKCOUNTRY CAMPING

Hikers planning to camp overnight in Glacier’s backcountry must obtain a backcountry use permit. Some backcountry permits may be reserved in advance. For information on obtaining a backcountry reservation, check our website at: **www.nps.gov/glac/planyourvisit/backcountry.htm**.

Driving

Park roads offer access to some of the most spectacular mountain scenery in the world. Take time to enjoy the views. If more than four vehicles stack up behind you, please use a pullout to let them pass safely. Be aware of wildlife along the roads, especially at dusk or at night. Animals often dart out in front of vehicles. Children may dart out in front of vehicles as well, so please watch for pedestrians along the road. Obey the posted speed limit.

GOING-TO-THE-SUN ROAD

Lower portions of this scenic route remain open year-round. Due to ongoing road rehabilitation projects, the alpine section of the road (over Logan Pass) will not open prior to the Friday before the third full weekend in June, and may open later depending on weather and plowing progress. A section on the east side of Logan Pass will close for the season on the Monday after the third full weekend in September. Logan Pass will remain accessible from the west side of the park until the third week of October, weather permitting.

VEHICLE RESTRICTIONS

To help reduce congestion, vehicle size restrictions are in effect. Vehicles, and vehicle combinations, longer than 21 feet (including bumpers) or wider than 8 feet (including mirrors), are prohibited between Avalanche Campground and Rising Sun. Vehicle and vehicle combinations over 10 feet in height may have difficulty driving west from Logan Pass to the Loop, due to rock overhangs. Stock vehicles are able to access Packers Roost and Siyeh Bend.

The park’s shuttle system offers free transportation along the Going-to-the-Sun Road. It generally begins July 1 and ends for the season on Labor Day.

ROAD CONSTRUCTION

Due to the long, snowy winters and late spring thaw the most productive time for road work is in the summer. Road work on the Going-to-the-Sun Road will impact summer visitors with short daytime delays of up to 30 minutes total for a one-way trip across the road. Nighttime delays are possible throughout the summer, Monday through Thursday .

Biking

Bicyclists are responsible for complying with all traffic regulations and must ride under control at all times. Keep to the right side of the road, riding in single file and pull over if four or more vehicles stack up behind you. During periods of low visibility, or between sunset and sunrise, a white light or reflector visible from a distance of at least 500 feet in front and a red light or reflector visible from at least 200 feet to the rear must be exhibited on the operator or bicycle. The more visible you are, the safer you will be! Bicycles are prohibited on all trails. Watch for falling rocks, drainage grates, debris, and ice on the road. Helmets are recommended.

From June 15 through Labor Day, the following sections of the Going-to-the-Sun Road are closed to bicycle use between 11 a.m. and 4 p.m.:

From Apgar turnoff (at the south end of Lake McDonald) to Sprague Creek Campground and Eastbound from Logan Creek to Logan Pass.

Allow 45 minutes to ride from Sprague Creek to Logan Creek and three hours from Logan Creek to Logan Pass. **Roads are narrow; please ride safely.**

Boating

Pick up a copy of the park’s boating regulations at a visitor center or entrance station to learn about specific requirements on each lake. To guard against the introduction of aquatic invasive species, a boat inspection is **required** prior to launching boats.

To protect nesting Harlequin Ducks, the section of Upper McDonald Creek between Mineral Creek and Lake McDonald is closed to boating and floating from April through September 30.

One U.S. Coast Guard approved, wearable, personal floatation device (per person), of the appropriate size for the intended user, must be carried on board. Personal watercraft (jet skis) are prohibited on all park waters.

Fishing

A license is not required, but there are regulations that need to be followed. The general park fishing season is from the third Saturday in May to November 30. Lakes are open year-round. Several bodies of water are either closed to fishing or are catch-and-release only. Use of lead weights and sinkers is prohibited. Stop at a visitor center to obtain a copy of the current regulations.

Ranger Programs

Several times daily, rangers guide easy strolls, short half-day hikes, or vigorous all-day hikes. Each evening, at major campgrounds, the campfire circle is the place to meet for programs on a host of topics to help visitors learn about and enjoy their park. Illustrated slide programs are offered nightly at Fish Creek Campground Amphitheater, St. Mary Visitor Center, Lake McDonald Lodge, and Many Glacier Hotel.

The Ranger-led Activities newspaper and schedule is available throughout the park and online. Schedules are posted online about 3 weeks before each program segment begins. Segments covers 3-4 weeks. Programs start early to mid-June and conclude in September. **www.nps.gov/glac/planyourvisit/ranger-led-activities.htm**

Weather






Waterton-Glacier’s summer weather is as varied as its landscape. The western valleys generally receive the most rainfall, but daytime temperatures can exceed 90 degrees F. It is frequently 10 to 15 degrees cooler at higher elevations, like Logan Pass. Strong winds and sunny days often predominate on the east side of the park. Overnight lows throughout the park can drop to near 20 degrees F, and snow can fall anytime.

Prepare for a variety of weather conditions and pack accordingly. You may start the day in a T-shirt and shorts, and need a sweater or parka by evening. Dress in layers. Always bring rain gear!

Pets

Pets are permitted in campgrounds, along roads, and in parking areas. Pets must be on a leash no longer than 6 feet, under physical restraint, or caged at all times. Pet owners must pick up after their pets and dispose of waste properly. Pets are not to be left unattended and are not permitted on trails, in the back-country, or in any building.

Glacier All the Time, Online

In addition to the main park website at: www.nps.gov/glac Glacier is also joining the social media bandwagon and pushing out content to users on various platforms. You can find us on , follow us on our  page, view our videos on , download high resolution images of the park from our  site and follow us on Instagram . Join us and stay connected to the best place on earth.

www.twitter.com/glaciernps

www.facebook.com/GlacierNationalPark

www.youtube.com/glaciernps

www.flickr.com/photos/glaciernps

instagram.com/glaciernps#

Raft Trips

Many local rafting companies offer trips on the Middle and North Forks of the Flathead River, immediately adjacent to the park. For information contact the following companies:

Glacier Raft Company
P.O. Box 210, West Glacier, MT 59936
(406) 888-5454 or (800) 235-6781
www.glacierraftco.com

Great Northern Whitewater
P.O. Box 270, West Glacier, MT 59936
(406) 387-5340 or (800) 735-7897
www.gnwhitewater.com

Montana Raft Company
P.O. Box 330, West Glacier, MT 59936
(406) 387-5555 or (800) 521-RAFT
www.glacierguides.com

Wild River Adventures
P.O. Box 272, West Glacier, MT 59936
(406) 387-9453 or (800) 700-7056
www.riverwild.com

Entrance Fees

Single Vehicle Pass..... \$25.00
Valid for 7 days.

Single Person Entry..... \$12.00
By foot, bicycle, or motorcycle for 7 days

Glacier National Park Pass..... \$35.00
Valid for 1 year from month of purchase.

The Federal Interagency Pass (\$80), Senior Pass (\$10), Access Pass (free), and Active Military Pass (free) are available at Park Headquarters and park entrance Stations.

Special fees are charged for commercial tour vehicles.

There is no single fee that covers entrance into both parks. Glacier National Park and Waterton Lakes National Park charge separate entrance fees.

IMPORTANT PARK REGULATIONS

Regulations are designed to protect park resources and preserve the quality of your visit. Park rangers and wardens strictly enforce park regulations.

- Feeding or disturbing wildlife is against park regulations.
- Removal of any natural or cultural feature like flowers, rocks, artifacts, or antlers is prohibited.
- Picking of berries (including huckleberries) is limited to one quart/person/day.
- Picking of mushrooms is prohibited.
- Open containers of alcohol in a motor vehicle are prohibited.
- Seat belts, or the appropriate child restraint system, must be worn by all occupants of motor vehicles.

What About Firearms?

The possession of loaded firearms is legal in national parks. People can openly carry legal handguns, rifles, shotguns and other firearms and concealed guns if allowed under state statutes and permits. Firearms are prohibited in federal facilities. Check with the state of Montana for specifics at: <https://doj.mt.gov/enforcement/concealed-weapons/>

The federal law does not change existing laws and regulations that prohibit the use of firearms in national parks. Hunting is illegal and target practice is also banned.

It is important to note that no single deterrent is 100% effective fending off threatening and attacking bears but compared to all others, including firearms, the proper use of bear spray has proven to be the best method for preventing injury to the person and animal.

Hiking in Bear Country

DON'T SURPRISE BEARS!

Bears will usually move out of the way if they hear people approaching, so make noise. Most bells are not enough. Calling out and clapping hands loudly at regular intervals are better ways to make your presence known. Hiking quietly endangers you, the bear, and other hikers.

A bear constantly surprised by quiet hikers may become habituated to close human contact and less likely to avoid people. Don't be tempted to approach or get too close to these bears.

DON'T APPROACH BEARS!

Bears spend a lot of time eating. Be extra cautious when passing through feeding areas like berry patches, cow parsnip thickets, or fields of glacier lilies. Take the time to learn what these foods look like.

Keep children close by. Hike in groups and avoid hiking early in the morning, late in the day, or after dark.

Never intentionally get close to a bear. Individual bears have their own personal space requirements, which vary depend-

ing on their mood. Each will react differently and its behavior can't be predicted. All bears are dangerous and should be respected equally.

DON'T MAKE ASSUMPTIONS!

You can't predict when and where bears might be encountered along a trail. People often assume they don't have to make noise while hiking on a well-used trail. Some of the most frequently used trails in the park are surrounded by excellent bear habitat. People have been charged and injured by

bears fleeing from silent hikers who unwittingly surprised them along the trail. Even if other hikers haven't seen bears along a trail section recently, don't assume that bears aren't there.

Don't assume a bear's hearing is any better than your own. Some trail conditions make it hard for bears to see, hear, or smell approaching hikers. Be particularly careful by streams, against the wind, or in dense vegetation. A blind corner or a rise in the trail also requires special attention.

If You Encounter a Bear

What Do I Do if I Run Into a Bear?

A commonly asked question is "What do I do if I run into a bear?" There is no easy answer. Like people, bears react differently to each situation. The best thing you can do is to make sure you have read all the suggestions for hiking and camping in bear country and follow them. Avoid encounters by being alert and making noise.

Bears may appear tolerant of people and then attack without warning. A bear's body language can help determine its mood. In general, bears show agitation by swaying their heads, huffing, and clacking their teeth. Lowered head and laid-back ears also indicate aggression. Bears may stand on their hind legs or approach to get a better view, but these actions are not necessarily signs of aggression. The bear may not have identified you as a person and is unable to smell or hear you from a distance.

Bear Attacks

The vast majority of bear attacks have occurred because people have surprised a bear. In this type of situation the bear may attack as a defensive maneuver.

In rare cases, bears have attacked at night or after stalking people. These types of attacks are very serious because it may mean the bear is looking at you as prey.

If you are attacked at night or if you feel you have been stalked and attacked as prey, try to escape. If you cannot escape or if the bear follows, use bear spray, or shout and try to intimidate the bear with a branch or rock. Do whatever it takes to let the bear know you are not easy prey.

If you surprise a bear

- Stop and assess the situation. Is it a black bear or grizzly bear? Does it have cubs? Is it aware of your presence?
- If the bear appears unconcerned or unaware of your presence, take this opportunity to quietly leave the area. Do not run! Back away slowly, but stop if it seems to agitate the bear.
- If the bear approaches or charges you, stop. Stand your ground. Speak to it in a calm voice.
- If it's a grizzly and is about to make contact, play dead. Lie on the ground on your stomach and cover your neck with your hands.
- If a bear is about to make contact and you have bear spray, use it!

- Most attacks end quickly. Do not move until the bear has left the area.
- If it's a black bear fight back. Defensive attacks by black bears are very rare.



Grizzly and cubs - photo by Terry Dossey

If You Carry Bear Spray, Know How to Use it

This aerosol pepper derivative triggers temporarily incapacitating discomfort in bears. It is a non-toxic and non-lethal means of deterring aggressive bears. Bear spray has proven to be effective for fending off threatening and attacking bears, and for preventing injury to the person and the animal involved.

Bear spray is intended to be sprayed towards an oncoming bear in an expanding cloud. It does not have to be aimed at the bears face and can be fired from the hip. Be sure to remove the zip-tie securing the safety clip before heading out on the trail. Bear spray is not intended to act as a repellent. Do not spray gear or your camp

with bear spray. Under no circumstances should bear spray create a false sense of security or serve as a substitute for standard safety precautions in bear country. Environmental factors, including strong wind and heavy rain, can reduce the effectiveness of bear spray.

Canadian Customs will allow the importation of bear spray into Canada, if it is in a container that specifically states it for use on animals.

For Your Safety

Drowning

People are often surprised to find out that drowning is the number one cause of fatalities in Glacier. Please use extreme caution near water. Swift, cold glacial streams and rivers, moss-covered rocks, and slippery logs all present dangers. Children, photographers, boaters, rafters, swimmers, and fishermen have fallen victim to these rapid, frigid streams and deep glacial lakes. Avoid wading in or fording swift streams. Never walk, play, or climb on slippery rocks and logs, especially around waterfalls. When boating, don't stand up or lean over the side, and always wear a life jacket.

Sudden immersion in cold water (below 80° F) may trigger the "mammalian diving reflex." This reflex restricts blood from outlying areas of the body and routes it to vital organs like the heart, lungs, and brain. The colder the water, the younger the victim, and the quicker the rescue, the better the chance for survival. Some cold-water drowning victims have survived with no brain damage after being submerged for over 30 minutes.

Drowning Revival Procedure:

- Retrieve victim from water without endangering yourself.
- Prevent further body heat loss, but do not rewarm.
- Near-drowning victims may look dead. Don't let this stop you from trying to revive them! If there is no pulse, start CPR regardless of the duration of submersion.
- Delayed symptoms may occur within 24 hours. Victims must be evaluated by a physician.

Hypothermia

Hypothermia, the "progressive physical collapse and reduced mental capacity resulting from the chilling of the inner core of the human body," can occur even at temperatures above freezing. Temperatures can drop rapidly. Sudden mountain storms can turn a pleasant hike into a drenching, bitterly cold and life-threatening experience. People in poor physical condition or who are exhausted are particularly at risk.

Prevention

- Avoid hypothermia by using water-resistant clothing before you become wet.

- Wear clothing that wicks moisture away.
- Minimize wind exposure and if your clothes become wet, replace them.
- Avoid sweating by dressing in layers, rather than in a single bulky garment.
- Pack a sweater, warm hat, and rain gear for any hike.

Warning Signs

- Uncontrolled shivering, slow or slurred speech, memory lapses and incoherence, lack of coordination such as immobile or fumbling hands, stumbling, a lurching gait, drowsiness, and exhaustion.

Immediate Treatment

- Seek shelter from weather and get the victim into dry clothes.
- Give warm non-alcoholic drinks.
- Build a fire and keep victim awake.
- Strip victim and yourself, and get into sleeping bag making skin-to-skin contact.
- If victim is semi-conscious or worse, get professional help immediately.

Giardia

Giardiasis is caused by a parasite (*Giardia lamblia*) found in lakes and streams. Severe diarrhea, abdominal cramps, and nausea are the symptoms. If you experience any symptoms, contact a physician. When hiking, carry water from one of the park's treated water systems. If you plan to camp in the backcountry, follow recommendations received with your permit. Bring water to a boil or use an approved filter.

Mountainous Terrain

Many accidents occur when people fall after stepping off trails or roadsides, or by venturing onto very steep slopes. Stay on designated trails and don't go beyond protective fencing or guard rails. Supervise children in such areas. At upper elevations, trails should be followed carefully.

Snow and Ice

Snowfields and glaciers present serious hazards. Snow bridges may conceal deep crevasses on glaciers or large hidden cavities under snowfields, and may collapse under the weight of an unsuspecting hiker. Don't slide on snowbanks. People often lose control and slide into rocks or trees. Exercise caution around any snowfield.

Roadside Bears

It’s exciting to see bears up close, but we must act responsibly to keep them wild and healthy. If you see a bear along the road, please do not stop. Stopping and watching roadside bears will likely start a “bear jam” as other motorists follow your lead. “Bear jams” are hazardous to both people and bears as visibility is reduced and bears may feel threatened by the congestion. Roadside bears quickly become habituated to vehicles and people, increasing their chances

of being hit by motor vehicles. Habituated bears may learn that it is acceptable to frequent campgrounds or picnic areas, where they may gain access to human food. When a bear obtains human food, a very dangerous situation is created that may lead to human injury and the bear’s death. Please resist the temptation to stop and get close to roadside bears – put bears first at Glacier National Park.

Camping & Bears

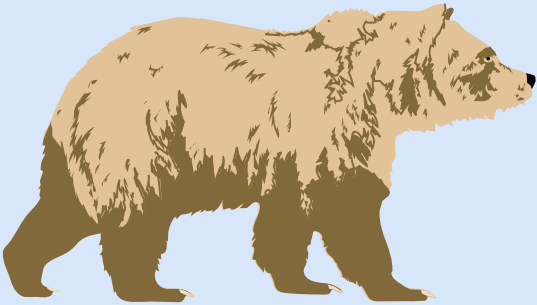
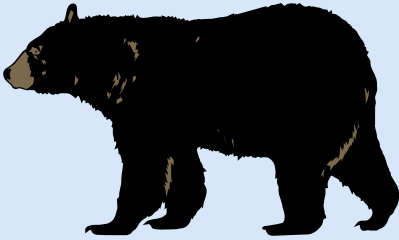
Odors attract bears. Our campground and developed areas can remain “unattractive” to bears if each visitor manages food and trash properly. Regulations require that all edibles (including pet food), food containers (empty or not) , and cookware (clean or not) be stored in a hard-sided vehicle or food locker when not in use, day or night.

- **Keep a clean camp!** Improperly stored or unattended food will likely result in confiscation of items and/or issuance of a Violation Notice.
- **Inspect campsites for bear sign and for careless campers nearby.** Please notify a park ranger of any potential problems that you may notice.
- **Place all trash in bear proof containers.**
- **Pets, especially dogs, must be kept under physical restraint.**
- **Report all bear sightings to the nearest ranger or warden immediately.**



Brown colored black bear lured into scenic overlook by leftover picnic scraps - NPS Photo

What Kind of Bear is That?

Grizzly Bear Color	Range from blond to nearly black, sometimes have silver-tipped guard hairs that give them a “grizzled” appearance.	Black Bear Color	Color is not a reliable indicator of species. Contrary to their name black bears also come in brown, cinnamon, and blond.
Physical Features	Grizzly bears often have a dished-in face and a large hump of heavy muscle above the shoulders. Their claws are about four inches (10 cm) long.	Physical Features	Facial profile is straighter from tip of nose to ears, without the dished-in look. Lack the hump of a grizzly and have shorter claws, generally around one and a half inches (4 cm) long.
			
Bears that obtain human food may have to be destroyed. Don’t leave any food, packs, or garbage unattended, even for a few minutes.			

For Your Safety

Wildlife Hazards
Glacier provides a wonderful opportunity to view animals in their natural setting. Along with this opportunity comes a special obligation for park visitors. With just a little planning and forethought, visitors can help ensure the survival of a threatened or endangered species.

Always enjoy wildlife from the safety of your car or from a safe distance. Feeding, harassing, or molesting wildlife is strictly prohibited and subject to fine.

Bears, mountain lions, goats, deer, or any other species of wildlife can present a real and painful threat, especially females with young.

Mountain Lions
A glimpse of one of these magnificent cats would be a vacation highlight, but you need to take precautions to protect you and your children from an accidental encounter. Don’t hike alone. Make noise to avoid surprising a lion and keep children close to you at all times. If you do encounter a lion, do not run. Talk calmly, avert your gaze, stand tall, and back away. **Unlike with bears, if attack seems imminent, act aggressively. Do not crouch and do not turn away.** Lions may be scared away by being struck with rocks or sticks, or by being kicked or hit.

Lions are primarily nocturnal, but they have attacked in broad daylight. They rarely prey on humans, but such behavior occasionally does occur. Children and small adults are particularly vulnerable. Report all mountain lion encounters immediately!

Ticks
Ticks are most active in spring and early summer. Several serious diseases, like Rocky Mountain Spotted Fever, can be transmitted. Completely remove attached ticks and disinfect the site. If rashes or lesions form around the bite, or if unexplained symptoms occur, consult a physician.

Rodents and Hantavirus
Deer mice are possible carriers of Hantavirus. The most likely source of infection is from rodent urine and droppings inhaled as aerosols or dust. Initial symptoms are almost identical to the onset of flu. If you have potentially been exposed and exhibit flu-like symptoms, you should seek medical care immediately.

Avoid rodent infested areas. Camp away from possible rodent burrows or shelters (garbage dumps and woodpiles), and keep food in rodent-proof containers. To prevent the spread of dust in the air, spray the affected areas with a water and bleach solution (1½ cups bleach to one gallon of water).

Medical Services
If you are injured or suddenly become ill while visiting the parks, please contact a ranger for information and assistance.

Montana Hospitals & Clinics

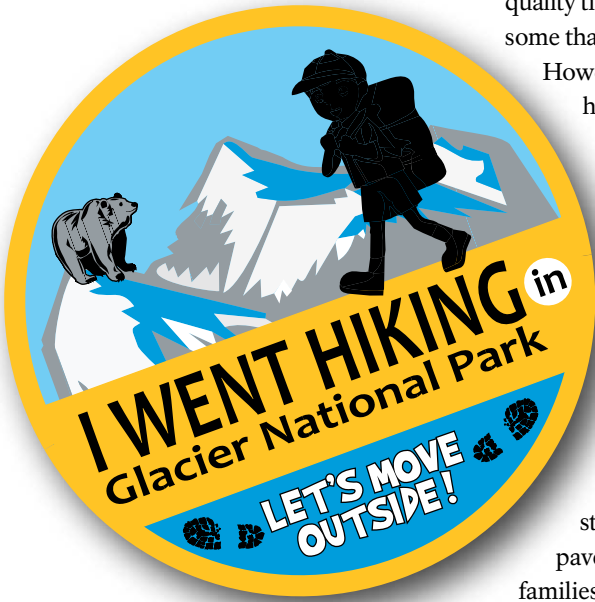
- Northern Rockies Medical Center
802-2nd St. E., Cut Bank, MT
406-873-2251
- Kalispell Regional Medical Center
310 Sunny View Lane, Kalispell, MT
406-752-5111
- North Valley Hospital
1600 Hospital Way
Whitefish, MT
406-863-3500
- Teton Medical Center
915 4 NW, Choteau, MT
406-466-5763

West Glacier Clinic
100 Rea Road, West Glacier, MT
406-888-9924
Memorial Day through Labor Day

Hey Junior Rangers!

Earn an “I Went Hiking in Glacier” Sticker in 2014

Thanks to a private donation to our Junior Ranger Program children who complete a hike, in addition to doing all the other required activities in the Glacier Junior Ranger booklet, will receive our new “Let’s Move” sticker along with their Junior Ranger badge.



Glacier National Park is joining with First Lady Michelle Obama’s nationwide *Let’s Move* campaign to encourage children to get active. The benefits of hiking in Glacier go far beyond getting exercise - spectacular scenery, wildlife viewing, beautiful wildflowers, connecting with nature, and quality time with family and friends- are some that immediately come to mind.

However, it’s not always that easy to hike with children – safety concerns, fickle weather, physical limitations, not knowing the trail, and time constraints- can all become good excuses for staying inside.

The good news is that Glacier has over 760 miles of trail and there are many family friendly options for children of all abilities. For younger children or beginning hikers, start small with one of our level and paved nature trails. For children and families who want more of a challenge,

see our *Day Hikes in Glacier* newspaper for additional longer and steeper hikes. Make sure you are familiar with our Bear Safety guidelines and check the weather before you go. If you’re still not sure you want to brave it on your own, join one of our Ranger-led hikes suitable for families and children. A schedule can be found in the Ranger-led Activity Guide.

Children who become Glacier Junior Rangers learn about the significant reasons this area was designated a national park. Now along with sharing that knowledge, we hope they will talk about their hiking accomplishment with friends and family and encourage others to get outside and stay active. They’ll be part of a new generation of Let’s Move Outside Junior Rangers.



Bighorn Sheep - photo by David Restivo

Visit our Neighbor to the South

Grant Kohrs Ranch National Historic Site



Family Fun at Grant Kohrs Ranch - NPS photo

If you’re heading down Interstate 90 to Yellowstone National Park after you leave Glacier, we’ve got good news. You only need to travel half the distance before you can answer the perennial question, “Are we there yet?” with a resounding, “Yes!” Half-way between the two parks, the freeway passes within half a mile of Grant-Kohrs Ranch National Historic Site. A five minute walk from the Visitor Center will take you back a century and a half, to the very begin-

nings of the open range cattle era. Nearly 90 historic buildings, horses, cattle, chickens, ranger led programs, a Chuckwagon, and demonstrations await.

There is no entrance fee, and (critical to any leg-stretch stop) there are accessible rest rooms. The ranch is open daily, year-round. Summer hours: 9:00am to 5:30pm Visit www.nps.gov/grko or phone (406) 846-2070 for information.



Avalanche Gorge - photo by Bill Hayden

The Glacier Institute - *Learning Gone Wild*

Our classrooms are the mountain trails and vast river basins that are home to more than 1,200 species of native plants, 240 species of birds and 65 species of native mammals. Our instructors are recognized experts in their fields, published authors, wildlife biologists, college professors, naturalists and teachers. We host one, two and three-day outdoor workshops and youth camps that immerse our participants in this stunning and stimulating environment. Kids can join a Glacier Institute naturalist

for a hands-on, six hour *Youth Adventure Series* course, full of fun and discovery while adults can enjoy a day on their own. Programs are \$50.00 per child. Add a second or third program, for the same child, at \$45.00 per additional program.

The Glacier Institute
P.O.Box 1887, Kalispell, MT 59903
Phone: 406-755-1211 • Fax: 406-755-7154
Email: register@glacierinstitute.org
www.glacierinstitute.org
www.facebook.com/glacrinstitute



Students at Grinnell Glacier Overlook just off the Highline Trail - Photo by Glacier Institute

Information on Areas Surrounding the Park

National Parks
Big Hole National Battlefield
(406) 689-3155
Bighorn Canyon Natl. Recreation Area
(406) 666-2412
Fort Union Trading Post Natl. Historic Site
(406) 572-9083
Grant-Kohrs Ranch National Historic Site
(406) 846-2070 ext 250
Little Bighorn Battlefield Natl. Monument
(406) 638-2621
Nez Perce National Historical Park
(208) 843-7001
Yellowstone National Park
(307) 344-7381

National Forests
Flathead National Forest
(406) 758-5200
Kootenai National Forest
(406) 293-6211
Lewis & Clark National Forest
(406) 791-7700

Travel Montana
For a complete listing of accommodations and services throughout the State of Montana, visit Travel Montana’s website.
www.visitmt.com
(800) 847-4868

Blackfeet Indian Reservation
Immediately east of Glacier National Park lies the home of the Blackfeet Nation.

Montana Chambers of Commerce
Glacier-Waterton Visitors Association
P.O. Box 96, West Glacier, MT 59936
Flathead Convention & Visitor Bureau
www.fcvb.org
(800) 543-3105
Bigfork, MT
www.bigfork.org
(406) 837-5888
Columbia Falls, MT
www.columbiafallschamber.org
(406) 892-2072
Cut Bank, MT
(406) 873-4041
Kalispell, MT
www.kalispellchamber.com
(406) 758-2800
Whitefish, MT
whitefishchamber.com
(406) 862-3501

Alberta Information
Travel Alberta
For a listing of accommodations and services throughout the Province of Alberta, visit Travel Alberta’s website.
www.travelalberta.com
(800) 252-3782

Alberta Chambers of Commerce
Calgary, Alberta
www.calgarychamber.com
(403) 750-0400
Lethbridge, Alberta
www.lethchamber.org
(403) 327-1586
Waterton Park, Alberta
www.mywaterton.ca
(403) 859-2224

Scenic Drives and Attractions

THE ENTRANCE ROAD

These 8 kilometres (5 miles) provide magnificent views that beautifully illustrate the park’s theme, “where the mountains meet the prairie.”

Colourful prairie flowers and grasses, and the glittering blue chain of the Waterton Lakes, are set against a mountain backdrop. The sight of the historic Prince of Wales Hotel National Historic Site, on a knoll above the lakes, indicates you will soon arrive at our lakeside community.

THE AKAMINA PARKWAY

This route begins near the townsite and runs for 16km (10 miles) along the Cameron Valley. Points of interest include the site of western Canada’s first producing oil well, the Oil City site, and scenic Cameron Lake.

THE RED ROCK PARKWAY

Red Rock Parkway meanders over rolling prairie and through the Blakiston Valley. It ends at the strikingly coloured rocks and cascades of Red Rock Canyon, a distance of 15km (9 miles). The drive features views of magnificent mountains, including Mt. Blakiston, the park’s highest peak.

THE CHIEF MOUNTAIN HIGHWAY

The Chief Mountain Highway is the primary route between Waterton Lakes and Glacier National Parks. The highway climbs from the grasslands near Maskinonge Lake to a viewpoint giving a magnificent vista of the Front Range of the Rockies and Waterton Valley. Enroute to the border crossing, the road traverses fields and forests, dotted with wetlands created by Crooked Creek.



Arrowleaf balsamroot - photo by Parks Canada



Entering Waterton - photo by Parks Canada

CAMERON FALLS

Located in the community, this picturesque waterfall is created as Cameron Creek falls into Waterton Valley.

THE BISON Paddock

The Bison Paddock, near the north entrance to the park off Highway 6, features a small herd of plains bison, maintained to commemorate the larger herds that once roamed freely in this area. The bison can be seen while driving a narrow road through the paddock. Please do not leave your vehicle. The road is not suitable for vehicles with trailers.

THE MASKINONGE LAKE

The park’s diversity of habitats are home to a great variety of birds; over 250 species have been identified in Waterton. The Maskinonge area, located near the Park Entrance, is particularly rich in bird life.

WILDLIFE AND WILDFLOWERS

Bears, deer, elk, and bighorn sheep can be seen throughout the park, particularly in prairie areas. Sheep and deer frequent the community. Fall is probably the best time for wildlife watching. The larger animals come down from their summer ranges and waterfowl are on their migratory routes through the park.

Wildflowers can be seen in the park at almost any season except winter. In spring and early summer, prairie wildflower displays are particularly rich. In late summer and early fall, wildflowers are blooming at the higher elevations.

Camping and Hiking

AUTO CAMPING

Waterton’s three campgrounds provide almost 400 campsites.

- The Townsite Campground has 238 sites, including 95 fully-serviced. Fees vary depending on the service provided. Fires permitted in picnic shelter stoves. Reservations recommended. Call 1-877-737-3783 or visit www.pccamping.ca
- The Crandell Mountain Campground has 129 semi-serviced sites, and is located 8km down the Red Rock Parkway.
- Belly River Campground, located on the Chief Mountain Highway 26km from the town, has 24 unserviced sites. Reservations can be made in advance for the group sites at Belly River. Call (403) 859-2224 for information.

BACKCOUNTRY CAMPING

An overnight wilderness pass is mandatory and available from the Visitor Reception Centre. A per-person fee is charged for those 16 years and older. Passes are issued up to 24 hours in advance on a first-come, first-served basis. Some wilderness sites will be available through advance reservations, according to established guidelines. Call (403) 859-5133. A quota system for wilderness campground use and group size is applied to minimize impact on the land, and maximize your wilderness experience. Waterton’s nine designated wilderness campgrounds offer dry toilets and surface water supply. Some have facilities for horses.

HIKING THE TRAILS

There are 200km (120 miles) of trails in Waterton Lakes National Park. They range in difficulty from a short stroll to steep treks of several days duration. Trails are provided for a variety of users, including hikers, horse riders, and bicyclists. Watch for information signs at the trail head for the type of use permitted. Trails in Waterton also lead to extensive trail systems in Montana’s Glacier National Park and in British Columbia’s Akamina-Kishenina Provincial Park.



Carthew-Alderson Trail - photo by Parks Canada



Bighorn sheep - photo by Parks Canada

Park Regulations

- Leave rocks, fossils, horns, antlers, wildflowers, nests, and other natural and historic objects undisturbed so that others may discover and enjoy them. Removal of such objects is subject to fines.
- It is unlawful to feed, entice, or touch park wildlife.
 - Pets must remain on a leash at all times while in the park. Pets, on a leash, are allowed on trails in Waterton Lakes National Park.
 - Camping is permitted only in designated areas, as marked by signs.
 - Motorcyclists must wear a helmet.
 - Collection of dead or downed wood is not allowed.
 - A national park fishing permit is required in Canada’s National Parks.

Waterton Lakes National Park Services and Activities

Lodging

The Aspen Village Inn 1-(888) 859-8669 • Bayshore Inn & Convention Centre (403) 859-2211 • Bear Mountain Motel (403) 859-2366 • Crandell Mountain Lodge 1-866-859-2288 • Northland Lodge (403) 859-2353 • Prince of Wales Hotel - in Canada phone (403) 236-3400; in U.S. (406) 892-2525 • Waterton Glacier Suites (403) 859-2004 or 1 866-621-3330 • The Waterton Lakes Resort (403) 859-2150 or 1-888-985-6343

Private Campgrounds

Crooked Creek Campground (403) 653-1100 • Great Canadian Barn Dance (403) 626-3407 • Waterton Springs Campground (403) 859-2247

Other Services Include:

• Clothing and gift shops, bookstores, movie rentals, liquor stores • a variety of cafes, restaurants, lounges and dining rooms • sporting supplies and hardware • post office • laundromat • service station • boat tours, bike and boat rentals • hiking tours, a horse riding facility • four churches • cash machines • art galleries • a movie theatre, health and recreation centre, 18-hole golf course, tennis court, ball diamond and playgrounds.

For Additional Information

Contact Park Headquarters at: Information
Waterton Lakes National Park
Box 200
Waterton Park, Alberta T0K 2M0
Phone (403) 859-2224
email: waterton.info@pc.gc.ca

or visit Waterton Lakes National Park on the internet at: www.pc.gc.ca/waterton

